

January to December 2019



TRAINING NEWSLETTER

**500 DAVIS STREET, #100
SAN LEANDRO, CA 94577**

For logistical reasons, pre-payment with registration is required.

SAME DAY REGISTRATIONS ARE NOT PERMITTED

The RCEB Community Training & Education Committee (CTEC) is a committee of Regional Center staff who meet the identified training needs of service providers.

CTEC will be contacting trainers on various topics in the Bay Area and trainings will be announced once per calendar year. We are pleased to announce the following classes for **January 2019 through December 2019**. All classes are open to our service providers, as applicable. It is strongly recommended that new staff attend these trainings.

Thursday, February 21, 2019, 9:00 a.m. to 1:00 p.m., RCEB San Leandro, 1st Floor

"Medication Management"

(Instructor: Ashton Paul, R.N., Alegria Community Living)

Presenter will cover all aspects of medication administration - including responsibilities of the caregiver regarding medication management, clients' rights, MAR documentation, storage, proper disposal of medications, and drug interactions. **4 hours ARM credits; Attendance is limited to 40; \$55/participant, check/money order payable to RCEB**

Thursday, March 14, 2019, 9:00 a.m. to 12:00 p.m., RCEB, 1320 Willow Pass Road, #300, CONCORD

"Consumer Residential Records: Tips, and Best Practices"

(Instructors: Marisol Ferrer, Nicole Hill-Nawy and Synthia Hakola, RCEB QA Specialists)

For residential administrators and staff at all vendored levels. The required records for consumer charts will be reviewed in detail to cover Regional Center of the East Bay's requirements and expectations. Sample forms will be provided. **3 hours ARM credits; Attendance is limited to 30; Fee: \$25/participant, check/money order payable to RCEB.**

NEW!! Thursday, March 21, 2019, 9:30 a.m. to 12:30 p.m., RCEB San Leandro, 1st Floor
"A Deep Dive into Autism and Evidence Based Practices"

(Instructor: Cari Yardley, PsyD, RCEB Clinical Psychologist and Clinical Supervisor)

In this training we will be discussing the symptoms of autism spectrum disorder and how they may manifest, including patterns of strength and weakness. We will make a case for incorporating evidence based practices into your regular work practices and identify FREE resources for in-depth trainings on evidence based practices. The last half of class will teach you how to use a specific evidence based practice and provide ideas and guidance on how to implement it in your respective setting. This is a dynamic and interactive training that seeks to engage you and expand your knowledge and skill set. **3 hours ARM credits; Attendance is limited to 40; Fee:**

\$25/participant, check/money order payable to RCEB

NEW!! Thursday, April 4, 2019, 9:00 a.m. to 12:00 pm, RCEB San Leandro, 1st Floor
"Sexuality and Avoiding Abuse"

(Instructor: Debby Graudenz, MFT)

This class is designed to help the participants be more comfortable discussing issues, supports, and ideas around the services we provide. It will include training on noticing signs of abuse and how to help the people we serve protect themselves and get help. Often because of our discomfort talking about sex, we have not served people well, causing them to be a higher risk for abuse. It has also caused inappropriate, problematic, and frustrated sexual expressions. **3 hours ARM credits;**

Attendance is limited to 30; \$45/participant, check/money order payable to RCEB.

NEW!! Thursday, April 25, 2019, 10:00 am to 12:00pm, RCEB San Leandro, 1st Floor
"Financial Abuse: Identifying the Signs"

(Instructor: Derrick Levingston and Synthia Hakola, RCEB QA Specialist)

This workshop will discuss financial abuse and how to identify potential signs involving adults with IDD in dependent care/support. Discussion will also include responsibilities of residential care licensees to insure access to funds, accurate and current accounting of funds and safeguarding of the funds. **2 hours ARM credits; Attendance is limited to 30; \$25/participant, check/money**

order payable to RCEB.

Thursday, May 2, 2019, 9:00 a.m. to 12:00 p.m., RCEB, 1320 Willow Pass Road, #300,
CONCORD

"Special Incident Report Writing Workshop"

(Instructor: Karrie Baez, RCEB S.I.R. Coordinator)

The Who, What, When, Where and How of Special Incident reporting/writing. A class for service providers, direct care staff and administrators. **3 hours ARM credits.**

Attendance is limited to 30; \$25/participant, check/money order payable to RCEB.

Thursday, May 16, 2019, 9:30 a.m. to 12:30 p.m., RCEB San Leandro, 1st Floor

"Crisis Intervention & Prevention"

(Instructor: Crisis Response Project Staff)

The presenters will discuss crisis intervention, de-escalation techniques, and application of behavioral and cognitive techniques to assist clients during a crisis. The presenters will also discuss crisis prevention strategies and how to utilize the Crisis Response Project. **3 hours ARM credits; Attendance is limited to 40; Fee: \$25/participant, check/money order payable to RCEB**

NEW!! Thursday, May 30, 2019, 9:00 a.m. to 1:00 p.m., RCEB San Leandro, 1st Floor

"Cultural Implication of Care"

(Instructors: Fructuoso Menchavez, RCEB HCBS Specialists)

What does "care" mean to you? Our system is rich with people from different walks of life, and based on this, we all have different ideas of what caring for the folks we serve can look like. This interactive workshop will closely examine and deconstruct our own definitions of the term "care" and the cultural implications those definitions may bring to highlight our similarities and differences. Furthermore, we will explore ways in which our similarities can be further expanded on to include a shared language and a shared vision that will encapsulate how we truly support the people we serve. **4 hours ARM credits; Attendance is limited to 30; Fee: \$25/participant, check/money order to RCEB**

NEW! Thursday, June 13, 2019, 9:00 a.m. to 12:00 pm, RCEB 1320 Willow Pass Road, #300, CONCORD

"Sexuality and Avoiding Abuse"

(Instructor: Debby Graudenz, MFT)

This class is designed to help the participants be more comfortable discussing issues, supports, and ideas around the services we provide. It will include training on noticing signs of abuse and how to help the people we serve protect themselves and get help. Often because of our discomfort talking about sex, we have not served people well, causing them to be a higher risk for abuse. It has also caused inappropriate, problematic, and frustrated sexual expressions. **3 hours ARM credits; Attendance is limited to 30; \$45/participant, check/money order payable to RCEB.**

Thursday, June 20, 2019, 9:30 am to 1:30 p.m., RCEB San Leandro, 1st Floor

"Common Health Issues Typical of Adults with IDD"

(Instructor: Ashton Paul, R.N., Alegria Community Living)

This class will review some of the most common health and aging issues found in individuals with developmental disabilities. These conditions include Dysphagia and Aspiration, Urinary Tract Infections, Constipation, Seizure Disorders, Dehydration, GERD, and Poor Dentition. Common signs and symptoms (especially non-verbal) will be reviewed to observe for nursing and direct care staff, as well as common treatments and support practices. Routine screenings and prophylactic measures can be used for prevention and increased quality of life, especially for individuals with difficulty communicating for themselves. **4 hours ARM credits; attendance is limited to 40; Fee:**

\$55/participant, check/money order payable to RCEB.

NEW!! Thursday, July 11, 2019, 9:30 a.m. to 12:30 p.m., RCEB San Leandro, 1st Floor

"Evidence Based Practices for Individuals with Developmental Disabilities"

(Instructors: Kim Limato, RCEB CM Supervisor and

Rebecca Churchill Sterling, PhD, BCBA, RCEB Behavior Analyst)

In this training we will define Evidence Based Practices, identify 27 evidence based practices, provide information on FREE resources and trainings for evidence based practices, provide a rationale for the use of evidence based practices, identify common barriers to the use of EBPs and how to overcome them, and create a plan for training and implementation of one specific EBP.

3 hours ARM credits; Attendance is limited to 40; Fee: \$25/participant, check/money order payable to RCEB

Thursday, August 8, 2019, 9:00 a.m. to 12:00 p.m., RCEB, San Leandro, 1st Floor

"Consumer Residential Records: Tips, and Best Practices"

(Instructor: Marisol Ferrer, Nicole Hill-Nawy and Synthia Hakola, RCEB QA Specialists)

For residential administrators and staff at all vendored levels. The required records for consumer charts will be reviewed in detail to cover Regional Center of the East Bay's requirements and expectations. Sample forms will be provided. **3 hours ARM credits; Attendance is limited to 30;**

Fee: \$25/participant, check/money order payable to RCEB.

Thursday, August 15, 2019, 9:00 a.m. to 1:00 p.m., RCEB San Leandro, 1st Floor

"Medication Management"

(Instructor: Ashton Paul, R.N., Alegria Community Living)

Presenter will cover all aspects of medication administration - including responsibilities of the caregiver regarding medication management, clients' rights, MAR documentation, storage, proper disposal of medications, and drug interactions. 4 hours ARM credits; Attendance is limited to 40; \$55/participant, check/money order payable to RCEB

Thursday, September 12, 2019, 9:30 a.m. to 12:30 p.m., RCEB San Leandro, 1st Floor

"Crisis Intervention & Prevention"

(Instructor: Crisis Response Project Staff)

The presenters will discuss crisis intervention, de-escalation techniques, and application of behavioral and cognitive techniques to assist clients during a crisis. The presenters will also discuss crisis prevention strategies and how to utilize the Crisis Response Project. 3 hours ARM credits; Attendance is limited to 40; Fee: \$25/participant, payable to RCEB.

Thursday, September 19, 2019, 9:00 a.m. to 12:00 p.m., RCEB San Leandro, 1st Floor

"Special Incident Report Writing" Workshop

(Instructor: Karrie Baez, RCEB S.I.R. Coordinator)

The Who, What, When, Where and How of Special Incident reporting/writing. A class for service providers, direct care staff and administrators. 3 hours ARM credits.

Attendance is limited to 30; \$25/participant, check/money order payable to RCEB

NEW!! Thursday, October 3, 2019, 9:30 a.m. to 12:30 p.m., RCEB San Leandro, 1st Floor

"A Deep Dive into Autism and Evidence Based Practices"

(Instructor: Cari Yardley, PsyD, RCEB Clinical Psychologist and Clinical Supervisor)

In this training we will be discussing the symptoms of autism spectrum disorder and how they may manifest, including patterns of strength and weakness. We will make a case for incorporating evidence based practices into your regular work practices and identify FREE resources for in-depth trainings on evidence based practices. The last half of class will teach you how to use a specific evidence based practice and provide ideas and guidance on how to implement it in your respective setting. This is a dynamic and interactive training that seeks to engage you and expand your knowledge and skill set. 3 hours ARM credits; Attendance is limited to 40; Fee:

\$25/participant, check/money order payable to RCEB

NEW!! Thursday, October 10, 2019, 10:00 a.m. to 12:00 p.m., RCEB, San Leandro, 1st Floor
"PICA"

(Instructor: Heidi Okamoto, RCEB Behavior Analyst)

Pica is a challenging behavior in which individuals ingest non-nutritive items and can be a safety concern for the individuals that we serve. However, it is more common in individuals diagnosed with intellectual disabilities than in the general population. This presentation will discuss the definition of pica and some best practices for how to prevent or manage this behavior. **2 hours ARM credits; Attendance is limited to 30; Fee \$25/participant; check/money order payable to RCEB.**

Thursday, November 7, 2019, 9:00 a.m. to 12:00 p.m., RCEB, San Leandro, 1st Floor
"Consumer Residential Records: Tips, and Best Practices"

(Instructor: Marisol Ferrer, Nicole Hill-Nawy and Synthia Hakola, RCEB QA Specialists)

For residential administrators and staff at all vendored levels. The required records for consumer charts will be reviewed in detail to cover Regional Center of the East Bay's requirements and expectations. Sample forms will be provided. **3 hours ARM credits; Attendance is limited to 30; Fee: \$25/participant, check/money order payable to RCEB.**

NEW!! Thursday, November 14, 2019, 9:00 a.m. to 12:00 pm, RCEB San Leandro, 1st Floor
"Sexuality and Avoiding Abuse"

(Instructor: Debby Graudenz, MFT)

This class is designed to help the participants be more comfortable discussing issues, supports, and ideas around the services we provide. It will include training on noticing signs of abuse and how to help the people we serve protect themselves and get help. Often because of our discomfort talking about sex, we have not served people well, causing them to be a higher risk for abuse. It has also caused inappropriate, problematic, and frustrated sexual expressions. **3 hours ARM credits; Attendance is limited to 30; \$45/participant, check/money order payable to RCEB.**

Thursday, December 5, 2019, 9:00 a.m. to 12:00 p.m., RCEB San Leandro, 1st Floor
"Special Incident Report Writing" Workshop

(Instructor: Karrie Baez, RCEB S.I.R. Coordinator)

The Who, What, When, Where and How of Special Incident reporting/writing. A class for service providers, direct care staff and administrators. **3 hours ARM credits. Attendance is limited to 30; \$25/participant, check/money order payable to RCEB**

Thursday, December 12, 2019, 9:30 a.m. to 12:30 p.m., RCEB San Leandro, 1st Floor

"Crisis Intervention & Prevention"

(Instructor: Crisis Response Project Staff)

The presenters will discuss crisis intervention, de-escalation techniques, and application of behavioral and cognitive techniques to assist clients during a crisis. The presenters will also discuss crisis prevention strategies and how to utilize the Crisis Response Project. **3 hours ARM credits;**
Attendance is limited to 40; Fee: \$25/participant, payable to RCEB.

IMPORTANT REMINDERS:

1. **SAME DAY REGISTRATIONS ARE NO LONGER PERMITTED. Please arrive on time. Anyone who arrives 30 minutes after the training has started WILL NOT BE ADMITTED AND NO REFUND WILL BE ISSUED.**
2. Please refrain from wearing strong fragrances/perfumes.
3. Please bring writing material (pen, paper) to ALL trainings.
4. To ensure your space, mail in the completed Registration Form with payment ASAP. **ONE CHECK PER TRAINING TOPIC!**
5. **Classes are open to all service providers, as applicable. PLEASE DO NOT BRING CHILDREN or CONSUMERS TO THESE TRAININGS.**
6. Participants to all trainings **MUST SIGN IN AT THE RECEPTIONSIT DESK.**
7. **PLEASE SILENCE ALL CELL PHONES AND ELECTRONIC DEVICES DURING TRAININGS.**

Note: Please make a copy of your completed Registration Form before mailing

For logistical reasons, pre-payment with registration is required.

NO WALK-INS! Mail completed Registration Form with check to:

Regional Center of the East Bay CTEC
500 Davis Street, #100
San Leandro, CA 94577

PLS. NOTE →

**Attn: CTEC Training
Community Services Dept**

Registration confirmation will be done by e-mail. It is important to include this information on the Registration Form.

24-Hour Cancellation Notice is required via email or phone in order to receive a full refund.

For logistical reasons, payment with registration is required.

NOTE: ONE CHECK PER TRAINING TOPIC

REGISTRATION FORM

(May be copied for additional enrollment – PLEASE PRINT AND PROVIDE COMPLETE INFORMATION WITH PAYMENT– Registration Form with incomplete information will be returned

Name/s of Person/s Attending:

IDENTIFY TITLE AND DATE OF TRAINING

1. _____
2. _____
3. _____
4. _____
5. _____

Facility Name: _____

E-mail address (will be used for confirmation): _____

Address: _____

Daytime Phone (include area code): _____

Fax: (include area code): _____

SPACE IS LIMITED!
REGISTER EARLY!

To request ASL interpretation, please contact Karen Shuttleworth (information below) 3 weeks in advance so that arrangements can be made. **72 hour notice is required to cancel the service. If the requesting service provider does not cancel before that time, they will be responsible for the fees accrued by RCEB.**

PHONE, FAX, OR E-MAIL RESERVATIONS NOT ACCEPTED

RCEB Community Training & Education

Website: www.rceb.org

Questions call: Karen Shuttleworth

(510) 618-7710

kshuttleworth@rceb.org